

THE IMPORTANCE OF STRENGTH & FUNCTIONAL COACHING WHEN YOUR 50+



At JMB we specifically specializes in the 50 and older demographic so thought this might be suitable to talk about the real benefits when you are 50+ or even younger to be proactive in your health and wellness!

HEALTHY ISN'T SKINNY OR JUST EXTERNAL

As we age, our bodies undergo a lot of changes. Muscles lose their strength, flexibility diminishes, and our overall physical abilities aren't what they used to be. This is particularly true for individuals aged 50 and above. However, aging doesn't mean giving up on a healthy, active lifestyle. In fact, it's during these years that strength and functional coaching becomes more important than ever. There is a separation from your internal and external age. 20 year old skin does not equal a healthy 20 year old heart and in fact I have witness this time and time again. That 20 year old Struggling with repeatedly slamming our favorite meatball, perform a reverse lunge with there lower limbs looking like a baby giraffe being born or doing a stability ball plank with just struggling getting on the ball from a de-conditioned core & central nervous system. Things i've seen our 50, 60, 70 and 80 year olds conquer by there repetition & consistency.



EMBRACING THE GOLDEN YEARS WITH STRENGTH

1. Counteracting Muscle Loss: After the age of 50, adults can lose up to 1-2% of muscle mass per year. Strength training, a key component of functional coaching, is crucial in counteracting this natural decline. It not only helps in maintaining muscle mass but also aids in increasing it, contributing to a stronger, more sculpted physique.

2. Bone Density and Osteoporosis Prevention: Strength training is not just about muscles; it's also vital for bone health. Regular weight-bearing exercises promote bone density, reducing the risk of osteoporosis, a common concern for those over 50. You might have had your DEXA scan done and this becomes quiet clear with making this a priority on not being brittle and wanting to limit the worry about falling and breaking a bone.

3. Metabolic Benefits: Maintaining muscle mass is essential for keeping your metabolism active. Muscle tissue burns more calories than fat, even at rest. Strength training ensures that your body remains efficient at burning calories, which is crucial for weight management and overall health.



-USE IT OR LOSE IT-



FUNCTIONAL TRAINING: FOR LIFE'S EVERYDAY ACTIVITIES

Functional coaching goes beyond traditional strength training. It focuses on training your body to handle real-life situations. As we age, the importance of being able to carry out daily activities comfortably and safely cannot be overstated. Why our programming is a beautiful blend of traditional strength training & functional fitness receiving the best for both worlds!

1. Enhancing Mobility & Flexibility: Functional training often involves exercises that enhance mobility. This type of training ensures that you can comfortably reach, bend, and stretch, which are necessary movements for everyday tasks. Think about our KB mobility drills, and how it assist in getting our hips open while elongating our hamstrings to get down proper and scoop up that grandchild or dustpan without pulling out our back.

2. Improving Balance & Coordination: Balance tends to deteriorate with age, increasing the risk of falls and injuries. Functional coaching includes balance exercises, which are essential for maintaining coordination and preventing falls. Think about our balance pad work and incorporating movement while doing so, now when you're on an uneven, rugged walking trail having the ankle mobility, strength and supportive stabilizers will be essential in preventing a slip and/or injury.

3. Training for Independence: The big goal of functional coaching is to maintain independence! Exercises are designed to simulate common movements such as lifting groceries, climbing stairs, or even getting up out of that potty. This training ensures that these everyday actions remain within your capabilities, allowing for greater independence and quality of life. Think about our wood chops and how it echos something like loading your luggage overhead on a flight. Being independent, capable & confident.



THE MENTAL & EMOTIONAL BENEFITS:



1. Confidence: Engaging in strength and functional training builds more than just physical strength; it also fosters a sense of confidence and self-efficacy. As you notice improvements in your physical abilities, your confidence in handling everyday tasks and challenges grows. This mental boost is invaluable for maintaining a positive outlook on life. Essential piece in how we Join Mind & Body!

2. Stress Reduction & Mental Health: Regular physical activity is a known stress reliever. Strength and functional training can be especially effective in this regard, providing a healthy outlet for stress and anxiety. Moreover, the focus required during training can also serve as a form of mindfulness, helping to calm the mind and reduce symptoms of depression and anxiety. Witnessing countless of members starting with forms of depression and taking prescriptions to battle it but now letting movement decrease these dark emotions and steadily drop the dosage to the point of breaking that habit of taking a pill and no longer feeling the crutch of needing a substance to assist but noticing the power within. Solution not a band-aid!

3. Memory: Regular physical activity can also reduce your risk of cognitive decline, including dementia. One study found that cognitive decline is almost twice as common among adults who are inactive compared to those who are active. Remember one must create those pathways by challenging them than keeping them open by repetition. Think about that first time doing something difficult and then by the last set how it becomes easier. Muscle memory is what we want to achieve. Keeping neurons awake.

-MOTION CHANGES EMOTION-

CONCLUSION:

Strength and functional coaching for those aged 50 and older is not just about maintaining physical health; it's about empowering individuals to lead fulfilling, independent lives. By incorporating these practices into your routine, you're not just preparing your body for the years ahead; you're also investing in your ability to enjoy those years to the fullest. Not just living long but strong, functional & confident!

Remember, it's never too late to start. Whether you're 50, 60, 70, or beyond, strength and functional training can significantly enhance your quality of life, and that's the ultimate win. Not letting fear limit you in living all of the dreams you would like to experience, memories you would like to make with your children, grandchildren and even great grandchildren. The things that really matter, living life in all of its abundance of beauty and experiences it offers with being "present" in this moment, realizing that's a gift in itself! Now don't let this vehicle rot, rust and dwindle away but drive it, gas it and travel all the paved and dirt roads this world offers of why it was even designed. Embrace the journey, and enjoy the infinite benefits that come with being strong and functional in your golden years. Remember your "WHY" and I know for most of you is your children and grandchildren, realize that if you don't use this blessing of movement it will be taken from you and it can be your children barring the responsibility of changing, feeding and even bathing you! Yes, I hear this time and time again. Age is nothing but a construct of the mind but the soul is continuous, operate there. Health is wealth and the investment in self will not only pay you dividends but those you love while living life in its infinite GREATNESS!

-TO REST IS TO RUST-

Health, Peace & Strength

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